Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1. (Cancelled)

Claim 2. (Cancelled)

Claim 3. (New) A method using a computer of updating personal information, comprising:

receiving, over the Internet, contact information regarding a user:

storing in a computer accessible memory the contact information regarding the user;

receiving, over the Internet, information regarding contacts of the user;

forming a distribution list of contacts of the user using the information regarding contacts of the user; and

providing the contact information to at least some of the contacts of the user on the distribution list.

Claim 4. (New) The method of claim 3 wherein providing the contact information to at least some of the contacts of the user on the distribution list comprises sending an e-mail to at least some of the contacts of the user on the distribution list.

- Claim 5. (New) The method of claim 4 wherein the at least some of the contacts of the user on the distribution list are those contacts of the user on the distribution list having an email address.
- Claim 6. (New) The method of claim 4 wherein receiving contact information regarding the user comprises receiving by a server contact information regarding the user from a client.
- Claim 7. (New) The method of claim 6 wherein the server sends the e-mails to at least some of the contacts of the user in the distribution list.
- Claim 8. (New) The method of claim 4 wherein the user is a registered user and e-mails are sent to contacts of the user who are not registered users.
- Claim 9. (New) The method of claim 3 wherein the contact information regarding the user comprises updated contact information regarding the user.
- Claim 10. (New) The method of claim 9 wherein the server sends the e-mails to at least some of the contacts of the user in the distribution list.
- Claim 11. (New) The method of claim 10 wherein the server sends the e-mails to at least some of the contacts of the user on

the distribution list automatically in response to receiving updated contact information regarding the user.

Claim 12. (New) The method of claim 9 further comprising data stamping the contact information of the user.

Claim 13. (New) The method of claim 3 further comprising maintaining at least one flag indicating whether a contact of the user should receive automatic updates of contact information of the user.

Claim 14. (New) The method of claim 3 further comprising maintaining at least one flag indicating whether the user should receive automatic updates of contact information of a contact of the user.

Claim 15. (New) An address contact information system, comprising:

- a server receiving contact information and contact list information for each of a plurality of users;
- a mass storage device coupled to the server, the mass storage device storing the contact information and the contact list for each of the plurality of users;

wherein the server is configured to assign an identifier to the contact information of each of the plurality of users;

wherein the server is configured to date stamp the contact information of each of the plurality of users;

wherein the server is configured to determine whether contact information of a specific user is synchronized with contact list information of another specific user; and

wherein the server is configured to provide contact information of a specific user to at least some individuals indicated in contact list information for the specific user when the contact information for the specific user changes.

Claim 16. (New) The address contact information system of claim 15 further comprising:

a plurality of address clients, the address clients in communication with the server over the Internet, each of the address clients receiving contact information from the server, at least some of the address clients comprising a handheld computer.